



FRIENDS OF THE
NEEDHAM ELDERLY, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • www.needhamma.gov
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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SUMMER BARBECUE WITH THE LINDLEY CHEF

Wednesday, July 15th • 11:45 am

At the Needham Senior Center

Suggested cost per person is \$1.75. Sign-up is required.

R.S.V.P. by July 13th. Call 781-455-7555.

This event is sponsored by Springwell Inc. Please join us for a traditional barbecue to include: hot dogs, hamburgers, potato salad, coleslaw, watermelon and lemonade.

ART HISTORY, "THE SPANISH MASTERS"

Wednesday, August 5th • 10:30 am

Location: Offsite at Avery Crossings • 110 West Street

There is no fee for this program.

Master painters El Greco, Diego Velazquez and Francisco Goya recorded far more than the flavor of Spanish life and history. The wealthiest and most powerful country in Europe was also the most repressed. Join us for a look into almost 300 years of Spanish art and culture. In advance we would like to thank Avery Crossings for sponsoring this program.

MEET THE AUTHOR OF "QUICKLY: THE MAGIC SPATULA" BY MIRIAM KRONISH AND JERYL ABELMANN

Wednesday, July 15th • 10:00 am

At the Needham Senior Center

There is no fee for this program.

Quickly: The Magic Spatula brings a warm childhood memory to life. The authors, Miriam Kronish and Jeryl Abelman hope that upon hearing this story, the listeners will share their childhood memories as well. *Quickly* promises to bring a smile to your lips and a tug at your heart.

BOOK REVIEW "THE GUERNSEY LITERARY AND POTATO PEEL PIE SOCIETY" BY MARY ANN SHAFFER AND ANNIE BARROWS.

Monday, August 17th • 1:30 pm

At the Needham Senior Center

A suggested cost of \$4.00 is appreciated.

In 1946, writer Julie Ashton receives a letter from the founding member of *The Guernsey Literary and Potato Peel Pie Society*. And so begins a remarkable tale of the island of Guernsey during the German occupation. Julie starts corresponding with the society's members and begins to learn about their lives, taste in books as well as how the German occupation has had an impact on their lives. Julie is charmed by these wonderful people and sets sail for Guernsey and what she finds there changes her life forever. Come hear a review of this #1 bestseller that every book club is talking about this summer!





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**The mission of The
Needham Council on
Aging is to respond to
its older residents'
needs by providing a
welcoming, inclusive,
and secure environment
where individuals and
families benefit from
programs, services and
resources that enhance
their quality of life and
provide opportunities
for growth.**

DEAR FRIENDS,

In Needham the month of May means Town Meeting which translates for many residents and employees into some interesting but long days. So now I have the time to marvel that suddenly “spring is here” and I notice that seemingly overnight it appears that it is light out at 8 p.m. This season also means that we face the end of a fiscal year and therefore a review of the past 12 months of departmental endeavors while we look toward the year ahead. Each staff member will be asked to participate in preparing the annual report for the Executive Office of Elder Affairs. It isn’t an easy task to take an honest look at our work and to try and capture what we do in both quantitative and qualitative ways that can be shared with others. From this yearly exercise in reflection I hope that the information is constructively utilized to help our department contribute to the health and wellness of all residents wherever they live and whatever their age.

Again I am very proud of the many programs and services that the staff has offered both at the Stephen Palmer Senior Center and throughout the town over this past year and I look forward to continuing along this path.

Jamie

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HELP THE FRIENDS SAVE \$\$\$ ON PAPER AND POSTAGE!!

Sign-up today to receive your Compass by email. Please contact Sherry Jackson at 781-455-7555 or sjackson@town.needham.ma.us.

ANNUAL FRIENDS' MEETING & SUMMER SOCIAL

July 20, 2009 • 2PM

Needham Senior Center
83 Pickering Street

EVERYONE, PLEASE JOIN US

Ask questions • Give suggestions • Just say hello

VOTE for the FY 2010
Friends of Needham Elderly Board Members

ENTERTAINMENT • REFRESHMENTS • DOOR PRIZES

**Friends of Needham Elderly
83 Pickering Street, Needham, MA 02492
needhamfone@comcast.net**

To sign-up please call 781-455-7555.

IT'S FRIDAY, ENTERTAINMENT LIVE TIMES TWO

**FEATURING ACCORDIONIST,
JERRY TREMONTOSZI AND
SINGER, RICKIE RUGGIERO**

Friday, July 10th • 1:30 pm

At the Needham Senior Center

There is no fee for this program.

Sign-up is required, call 781-455-7555.

Jerry and Rickie are known as the fabulous duo! Together they will play and sing songs of the big band era. In their repertoire they will include some sing-alongs with the audience. This performance is not to be missed and is a great summertime program.

**SWEETS AND BEATS WITH
DICK PARTRIDGE, FEATURING
THE MUSIC OF GLENN MILLER**

Friday, August 14th • 1:30

At the Needham Senior Center

There is no fee for this program.

Sign-up is required, call 781-455-7555.

Richard Partridge, a former broadcaster with a wonderful radio voice. This program is all about, the Glenn Miller band. Join us as we fondly remember those days when Glenn Miller and his orchestra provided music with that "special sound". The program is interspersed with information about Glenn's beginnings... how and why he progressed to become an American Icon. This program is not to be missed. We would like to thank Avery Crossings for sponsoring this event.

MAH JONG CLASS

For dates, times and location call the Needham Senior Center at 781-455-7555.

Interested in learning how to play mah jong? It is a strategic game, and once you have learned the rules, you will know if this game is for you. Cost for all 4 classes is \$20.

EYE SCREENING BY APPOINTMENT

**Tuesday, August 11th
9:00 - 11:00 am**

At the Needham Senior Center
Sign-up is required. There is no fee for this program.

The Dedham Ophthalmic Consultants and Surgeons is providing free vision screenings at the Needham Senior Center. The screenings will include the intraocular pressure screening for glaucoma and the ophthalmoscopy screening for view of the optic nerve and retina. To sign-up please call the Needham Senior Center at 781-455-7555.

COUPLES BRIDGE

At the Needham Senior Center

Are you interested in playing bridge with other couples? If yes, for further information including dates and times call Sherry Jackson, Associate Director, 781-455-7555 ext. 205.

THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at, 1-800-922-2275. For more information call the Needham Senior Center at 781-455-7555.

TRIPS

We have arranged 3 trips during the summer months.

July 15 – A cruise around Narragansett Bay in RI when we will see many lighthouses and beautiful homes on the shore. This will be followed by lunch at the Quonset “O” Club. The cost for the day is \$67.

August 11 – We will head north to Ogunquit, ME which is famous for Perkins Cove, the shore walk and lovely shops. Lunch will be at Clay Hill Farm which will no doubt be delicious! The cost includes everything at \$68. Great time of year to visit Maine.

September 3 – How does a cruise on Lake Winnepesaukee appeal to you? The weather is still nice, the crowds have gone home and we can enjoy a fabulous lunch at the ‘1812’ Room. The cost is only \$64!

The coaches are large and very comfortable so any of these trips would make for a great one-day vacation so get your reservations in promptly. Payment must be made at the time of your reservation as the restaurants need to plan ahead. Call Jeanne Blakeney, Trip Coordinator at 781-455-7555. If Jeanne is not available leave your information with the receptionist.

SUDOKU

At the Needham Senior Center

Sign-up is required. There is no fee for this program.

Beginner Level

**Wednesday at 1:00 pm
July 8th and August 12th**

Intermediate Level

**Friday at 9:30 am
July 17 and August 21**

Please join on either or both days to learn how to solve a Sudoku puzzle. The modern puzzle, which is often seen in newspapers and magazines, was invented in 1979 by Howard Garns, an American architect. Although originally called “Number Find” it’s now more commonly known as its Japanese name Sudoku, which means ‘number addiction’. It may be an addiction you will enjoy!

LAUGHING MATTERS

Thursday, July 30th • 2:00 pm

Offsite Location: Avery Crossings

**Sign-up is required, call (781) 455-7555. There is no fee for this program.
Would you like a ride to this offsite location? If yes call the number above.**

“Laughing Matters” is an informal program dedicated to the idea that people can make laughter a daily part of their interactions and in the process, build a healthier, less stressful outlook on life. In advance we would like to thank Avery Crossings for sponsoring this event.

PLAY READING GROUP UPDATE

At the Needham Senior Center

Would you like to participate in a fun afternoon of play reading? No experience is necessary, simply a love for reading plays and a desire to have great fun.

We are very excited to report that the Needham Community Theatre has offered to help the group get up and running! If you are interested in being a participant or want to help facilitate the group please call the Senior Center. Once we have enough people for the group we will get together to explain how the group will proceed. If you are interested in joining the group or would like more information, contact Sherry Jackson, 781-455-7555.

LUNCH AND LEARN TIMES THREE

At the Needham Senior Center

Sign-up is required. There is no fee for the following two programs.

This month we will be bringing you two new professional lectures about specific health related topics. A tasty lunch will be served after each lecture and you will have an opportunity to ask questions on a one to one basis with the presenter.

TAKING CONTROL OF YOUR LIFE AT END OF LIFE

Monday July 13th • 12:00 pm

Sign-up is required. There is no fee for this program.

Many families have a difficult time discussing end of life care. People are not always aware of the benefits that are available to loved ones. It is not an easy subject to discuss. Come join us for lunch provided by Hospice Services of Massachusetts and learn about hospice and palliative care and the services that are available that you may not be aware of. We will make a tough subject easy to listen to. There will also be a free raffle door prize and a scrumptious lunch to follow.

NATURAL SOLUTIONS TO BOOST YOUR IMMUNE SYSTEM

Presented by Dr. Nathan Cintron, Newton Wellness Center

Tuesday, July 28th • 12:00 pm

At the Needham Senior Center

Dr. Cintron will talk about the latest in natural solutions to boost your immune system. He will cover everything from the importance of the nervous system in maintaining and regulating the body's immune health to dietary recommendations and sleep requirements. Immediately following the talk, enjoy a free 10-minute medical massage conducted by Dr. Cintron. Nathan Cintron D.C., M.Sc. is a recognized leader in the field of stress reduction and wellness solutions. His flourishing office, Newton Wellness Center, LLC, has been caring for and empowering patients for over 10 years. He is an esteemed member of the Massachusetts Chiropractic Society, the International Chiropractic Association, World Chiropractic Alliance and Foundation for Wellness Professionals. Avery Crossings is sponsoring. We would like to thank Avery Crossings for sponsoring all aspects of this great program, lecture, lunch and the massages!

ENERGY CONSERVATION

Tuesday, August 18th • 12:00pm

Sign-up is required. There is no fee for this program.

Energy Conservation is a set of techniques that help make the most of your life! We will discuss and teach you ways to conserve your energy while doing the things you HAVE to do everyday in order to have the energy to do the things you WANT to do. For instance planning your day appropriately and alternating high energy activities with low energy activities. We will also discuss the use of adaptive equipment to make your life easier and safer. We would like to thank Golden Living Center-Heathwood a small, 49 bed nursing and rehabilitation for sponsoring this event

SONGSTER'S UPDATE

We are putting out a call for singers for the Songsters. Having completed our schedule of Spring Concerts we will not be meeting again until the fall. However, at that time, we would like very much to see many new faces along with the present members. Due to attrition, we have lost several of our former members and we are anxious to replace them. We look forward to start the fall season with a full complement of both men & women who can carry a tune and read music. Singing is very satisfying and relaxing – why not give it a try? We'd love to have you join our group! For more information contact Jeanne, 781-455-7555.

BALLROOM DANCING LESSONS, TIMES TWO

Cost of each 4 Week Session is \$16.00, due on the first day of class. Sign-up is required; call 781-455-7555.

Tuesdays, 2:00-3:00 pm

Session I "Tango"

July 14, 21, 28 and August 4

Session II "Waltz"

August 11, 18, 25 and September 1

Offsite Location:
Charles River YMCA
380 Chestnut Street

The Council on Aging would like to thank the Needham YMCA for letting us use this space in order to hold this wonderful program. The cost is \$16 for all four sessions. Please wear shoes that allow movement on a wood floor – not rubber soles. If you are a new student, to sign-up, call Sherry Jackson at the Needham Senior Center, 781-455-7555.

CHAIR VOLLEYBALL

For July and August Dates and Times Call 781-455-7555

Offsite Location: Avery Crossings Assisted Living

Sign-up is required, call 781-455-7555. There is no fee for this program.

If you want to have great fun and combine it with exercise, play chair volleyball. Chair volleyball is one of the newest popular programs around. It is for older adults of all activity levels. For further information, please contact Sherry Jackson, 781-455-7555. We thank Avery Crossings for hosting this program.

YOGA IN THE AFTERNOON WITH SANDI

At the Needham Senior Center
Tuesdays at 3:10 pm.
*Sign-up is required;
call 781-455-7555*

Cost of each 4 Week Session is \$16.00 A total payment of \$16 for each session is due on the first day of class.

**Session #1 – 4 Weeks:
June 30, July 7, 21, 28**

**Session #2 – 4 Weeks:
August 4, 11, 18, 25**

This class is designed for basic and intermediate levels. Students need to bring a sticky mat (can be purchased at most sporting goods stores), and a small blanket. Participants can expect to be doing yoga seated on the floor with the use of a mat with some standing poses as well. Please wear comfortable clothes and don't eat a big meal beforehand. Class is NOT a women-only venture. Men are welcome! Sandi Levy is certified as a Viniyoga Yoga teacher and her classes are geared toward the older adult. Currently she also teaches at Brandeis' Lifelong Learning Institute, JCC of Newton, and the Dedham Racquet Club. The instructor loves yoga, feels it is magical and hopes to impart this love of yoga to her students. But she never expects you to contort into a pretzel!

COMPASS LABELING AND COLLATING

**Tuesday, August 18th
9:15am**

At the Needham Senior Center
Please join us for a morning of light work and good fun, as we get the newsletter ready for mailing. Because the July/August is a double issue we will not need to collate the compass in July, so we will look forward to seeing you on August 18th!

SENIOR STRENGTH EXERCISE CLASS WITH PEARL

At the Needham Senior Center

Sign-up is required; call 781-455-7555

Cost of each 4 Week Session is \$16.00. A total payment of \$16 for each session is due on the first day of class.

**Session #1 – 4 Weeks on Fridays • 9:15 am.
July 17, 24, 31 and August 7**

**Session #2 – 4 Weeks on Fridays • 9:15 am.
August 14, 21, 28 and September 4**

**Session #3 – 4 Weeks on Mondays • 10:15 am.
August 10, 17, 24 and 31**

This exercise class is designed to accommodate mature individuals of various fitness levels. This seated class will begin with a thorough warm-up followed by strength training exercises for all the major muscle groups of the body using light hand weights and conclude with gentle stretching exercises to increase flexibility and reduce muscle tension.

THE ARTHRITIS FOUNDATION EXERCISE PROGRAM WITH LISA

Sign-up is required; call 781-455-7555

Cost of each 4 Week Session is \$16.00. A total payment of \$16 for each session is due on the first day of class.

**Session I – Tuesday • 2:00-3:00 pm
July 21, 28, and August 11, 18,**

Location: Needham Senior Center

**Session II – Thursday • 2:00-3:00 pm
July 23, 30 and August 13, 20,**

Location: The YMCA on 380 Chestnut Street

The Council on Aging would like to thank the Needham YMCA for making space available to us. This exercise program includes: Range-of motion exercises (includes Flexibility, Strengthening exercises, Endurance activities, Weight-bearing activities, Balance and coordination activities, Posture and body mechanics training).

BETTER BALANCE WITH LESLIE ON WEDNESDAYS AT 2:30 PM

Try a Class on August 5th or 12th

A New 8 Week Class will Begin on September 16th

At the Needham Senior Center

Sign-up is required, call 781-455-7555.

A total payment of \$50 is due on the first day of class.

Have fun while learning to improve your balance and prevent falls. Using balls, bands and weights, this class will help improve your balance, posture, flexibility, strength and endurance and decrease stress. Cost for the 8 week class is \$50.

PLEASE NOTE The Needham Council on Aging and Senior Center does not receive funding for recreational programming. Although most of our programs are free, some programs have costs in an effort to meet the overall expenses for all programs. Please note, that if you cannot afford a class, we will always offer scholarships.

WII™ AT THE NEEDHAM SENIOR CENTER!

Wednesday, July 29th and August 26th • 1:00 pm

At the Needham Senior Center

Sign-up is required. There is no fee for this program.

Here is your chance to give Wii™ a try or simply see what it's all about. A fast-growing number of Senior Centers are loving the benefits of the Nintendo® craze called "Wii™." The Wii™ sports program includes virtual tennis, golf, baseball, bowling and boxing. Players hold a wireless controller that detects three-dimensional motion as they execute the same arm movement they would employ if swinging a racket or bat, rolling a ball, or throwing a jab. The simulated action is played out on a television screen.

JEWELRY MAKING WORKSHOP WITH DANNY TIMES TWO

Monday, July 1st and Wednesday August 5th at 1:30 pm

At the Needham Senior Center Sign-up is required.

***There is no fee for the class unless you decide to purchase your item;
prices are listed below.***

Danny Goldstein is a Jewelry Designer with over 40 years experience. Currently, he teaches jewelry making classes to students of all ages. How it works: at the workshop, you will be able to choose from different beads and other pieces to make bracelets, earrings or necklaces. When you finish your jewelry piece, if you choose, you may purchase the items or simply leave it behind with no cost to you. Bracelets are \$5.00, earrings are \$3.00 and necklaces are \$10.00. All ages welcome.

VOLUNTEER OPPORTUNITIES

Meal site Volunteer

Friendly Visitors

Parent/Child Morning Pastry preparer & visitor

Assistant to tidy up at the end of each weekday from 3-4pm

VOLUNTEER'S ARE SOUGHT to participate in an afternoon program with school age children. The Needham Public schools have a professional development day scheduled monthly for teachers and staff whereby the students are dismissed mid day.

ON TUESDAY, SEPTEMBER 22, 2009, we would like to host a brown bag lunch followed by board games. Your participation is necessary to make this program a success. For more information contact Penny Gordon, Volunteer and Transportation Coordinator at 781-455-7555.

DID YOU KNOW?

VOLUNTEERS are needed for our Friendly Visitor Program to provide companionship to homebound elderly by visiting in the home to reduce loneliness and improve quality of life. Additional activities may include (at the discretion of the volunteer) letter reading & writing, telephone reassurance, activities & crafts, and respite care for families. Please contact Paula Angell at the Needham Senior Center, 781-455-7555.

MONDAY'S LUNCH BUNCH

Try some place new, socialize and enjoy a good meal.

Meet at the Senior Center at 11:30am.

Board our Van and take a ride to:

JULY

**Monday, July, 6
The Coach Grill,
Wayland**

**Monday, July 13
ICE CREAM ONLY,
Crescent Ridge, Sharon**

**Monday, July 20
Ken's Steakhouse,
Natick**

**Monday, July 27
California Pizza
Kitchen, Wellesley**

AUGUST

**Monday, August 3
C&L Frosty, Sherborn**

**Monday, August 10
No lunch bunch**

**Monday, August 17
Noonhill Grill, Medfield**

**Monday, August 24
Dunn & Gaherins,
Newton**

**Monday, August 31
Conrads, Norwood**

Call the Senior Center at 781-455-7555, speak with the receptionist and sign up today. The suggested donation of \$5.00 will be collected on the van. You will pay the cost of your meal. Enjoy !!

ICE CREAM SUMMER SUNDAE PARTY

**Monday, August 31st
2:00 pm**

At the Needham Senior Center
**Sign-up is required. There is
no fee for this program.**

Come one; come all to the
Needham Senior Center, for a
delicious ice cream sundae party.
We will have all the fix-ins for
you to make a delicious sundae
or banana split. Participants can
go through a line of goodies set
up to make a sundae of their
choice.

What a great treat for a hot
summer day! We would like to
thank Avery Crossings and J.P.
Licks for sponsoring this event.

SUMMER FLICKS AT 1:00 PM

At the Needham Senior Center

MONDAYS

July 6th

"Peyton Place", 1957

July 27th

"The Other Boleyn Girl", 2008

August 10th

"Milk", 2008

August 24th

"Waterloo Bridge", 1940

August 31st

"Pillow Talk", 1950

FRIDAYS

July 17th

"Miracle of Morgan's Creek", 1944

July 24th

"Mary of Scotland", 1936

July 31st

"Platinum Blonde", 1931

August 7th

"One Fine Day", 1996

August 21st

"Lured", 1947

August 28th

"Magnificent Obsession", 1954

FRIENDS OF NEEDHAM ELDERLY 2009 MEMBERSHIP/DONATION FORM

Name: _____ Date: ____/____/____

Address: _____

Membership for 2009	\$ 25.00
Donation	\$ _____
Memorial* (Please see below)	\$ _____
Total Enclosed	\$ _____

*Name of Deceased _____

If acknowledgement to family is desired, please provide the following information:

Name of Deceased Family and Address _____

Please make checks payable to: Friends of Needham Elderly and mail to:
FONE, 83 Pickering Street, Needham, MA 02492. **Questions? Please send
inquiries to needhamfone@comcast.net.**

FRIENDS OF THE NEEDHAM ELDERLY DONATIONS

MEMORIALS IN MEMORY OF KEN MONTEITH

- Ethel Alpert
- Carol Barnes
- Lynn & Stephen Baum
- Irene Briggs
- Bernard Brooks
- Roma & Dick Brown
- Andy Bunie & Joyce Buni
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- Paul & Louise Whitworth

MEMORIAL FOR FRANK SCHALLER

- Roma & Dick Brown

DONATIONS

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- Dorothy Caulfield
- A.W. Comiskey
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- Jean Ferrier
- G.B. & J.E. Goodwin
- Beulah Green
- Ann & A. Irene MacFate
- Nancy Sterns
- Florence Volk

BILLIARDS CHAMPS ANNOUNCED

At the Needham Senior Center

The Needham Park and Recreation Senior Billiards League completed its 2009 Winter/Spring season with an awards presentation and luncheon at the Senior Center on Tuesday, June 16th. Receiving Trophies were: Ed Scullane – Regular Season Champion, Ben Parenteau – Division Champion, Dick Hamlen – Division Co-Champion and Jack Donna – Grand Champion. Special Awards were presented to Charlie Foley, Tom Gallant, Bill Bradley, Howard Cohen, Dick Hamlen and Bob Stern. Also participating, were Dick Tiernan, Mike Gallen, Junie Wong, Bill Tennant and Tony Cruciani. Congratulations to all!

SHINE UPDATE

MEDICARE COVERAGE OF SKILLED NURSING FACILITY (SNF) CARE

A skilled nursing facility, or “SNF,” is a facility that provides skilled nursing and therapy for your rehabilitation if you are injured or sick. A SNF generally provides a lower level of care than you would receive in a hospital. Medicare Part A pays for SNFs for up to 100 days per benefit period. If Medicare approves, you are entitled to full coverage for the first 20 days of SNF care. From days 21 through 100, you pay a co-payment of \$133.50 per day. These co-payments will be paid in full if you have a Medigap Supplement 1 policy, such as Medex Bronze. If you are a member of a Medicare Advantage plan, different co-payments may apply.

Medicare will only pay for SNF care if:

- You were hospitalized for at least three days and admitted to the SNF within 30 days of leaving the hospital. Medicare Advantage plans may waive this requirement.
- A physician states that you need SNF care.
- You require skilled care daily and the services can only be provided in a SNF.
- The SNF is a Medicare approved facility.

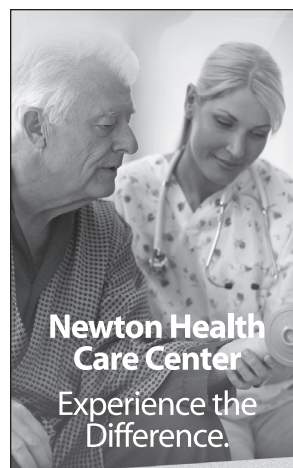
IMPORTANT NOTE – If you feel you have been unfairly denied coverage for SNF care, you can appeal the decision. For assistance with Medicare appeals, contact the Medicare Advocacy Project (MAP) at 800-323-3205. Often appeals are won!



COUNCIL
ON AGING
Needham

STEPHEN PALMER
SENIOR CENTER
83 Pickering Street
Needham, MA 02492
781-455-7555

SENIOR CENTER
DROP-IN HOURS:
9:00 am - 4:00 pm
Monday thru Friday



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Directed by our highly-skilled medical staff and supported by an experienced team of rehabilitation professionals the team at Newton is committed to your recovery.

**Call today or stop in
for a tour!**

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**For more information or a tour of our
facility please contact the Admission
Director at 781-234-6300.**

We specialize in

- Short-term Rehab/Orthopedic Program with 3800 sq ft of Rehab space/PT, OT and Speech Therapy Services up to 7 days per wk including a new Wii program
- Large Private and Semi-Private Rooms
- Also Offering: Long-Term Care, Secured Dementia Unit

JULY 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TO OBTAIN AN AUGUST LUNCH MENU, PLEASE CALL OR STOP BY THE NEEDHAM SENIOR CENTER		1 9-4 Pool 9:00 Keep Well Clinic 10:00 Hearts Card Game 10:30 Exercise (P&R) 11:45 Lunch: Fish or Egg Salad Sandwich 1:00 Bridge – Men 1:30 Jewelry Making 2:30 Better Balance	2 9-4 Pool 10:00 Knitting 10:00 Whist 11:45 Lunch: Grilled Hamburger and Potato Chips 12:00 Computer Lessons 12:15 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Arthritis Exercise with Lisa #1	3 NEEDHAM SENIOR CENTER CLOSED IN OBSERVANCE FOR 4TH OF JULY
6 9-4 Pool 9:00 Tai Chi Class 10:00 Walking Club 10:15 Senior Strength Exercise with Pearl 11:30 Lunch Bunch: The Coach Grill, Wayland 11:45 Lunch: Salmon Boat or R.B. Sandwich 1:00 Bridge – Men 1:00 Movie: "Peyton Place", 1957	7 9-4 Pool 9:15 Bridge – Women 10:30 Current Events 11:45 Lunch: Stuffed Cabbage or Seafood Salad Sandwich 12:15 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise with Lisa 3:10 Yoga No Ballroom Dancing Today	8 9-4 Pool 10:00 Hearts Card Game 10:30 Exercise (P&R) 11:45 Lunch: Beef Stir Fry or California Chicken Salad 1:00 Sudoku – Beginner Level 1:00 Bridge – Men 2:30 Better Balance	9 9-4 Pool 10:00 Knitting 10:00 Whist 11:45 Lunch: Greek Chicken or Ham and Swiss Sandwich 12:00 Computer Lessons 12:15 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Arthritis Exercise with Lisa #1	10 9-4 Pool 9:15 Senior Strength Exercise with Pearl 9:15 Quilting 11:45 Lunch: Baked Macaroni and Cheese or Tuna Salad Sandwich 12:00 Computer Lessons 1:00 Bridge – Men 1:30 Entertainment Live with Jerry and Rickie No Board Games Today
13 9-4 Pool 9:00 Tai Chi Class 10:00 Walking Club 10:15 Senior Strength Exercise with Pearl 11:30 Lunch Bunch: ICE CREAM ONLY, Crescent Ridge, Sharon 11:45 Lunch: Meatloaf or Egg Salad Sandwich 12:00 Lunch and Learn: Taking Control of Your Life at End of Life 1:00 Bridge – Men	14 9-4 Pool 9:15 Bridge – Women 10:30 Creative Writing 11:45 Lunch: Vegetable Cheese Quiche or Breaded Chicken Patty 12:15 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing "Tango" #1 2:00 Arthritis Exercise with Lisa No Yoga Today	15 9-4 Pool 9:00 Keep Well Clinic 10:00 Hearts Card Game 10:00 Meet the Author of "Quickly: The Magic Spatula" 10:30 Exercise (P&R) 11:45 Lunch: Summer Barbecue: Hamburger, Hot Dog, Potato Salad, Cole Slaw, Watermelon and Lemonade 1:00 Bridge – Men Trip to Narragansett, Rhode Island	16 9-4 Pool 10:00 Knitting 10:00 Whist 11:45 Lunch: Baked Ziti or Chicken Salad on Lettuce Leaf 12:00 Computer Lessons 12:15 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Arthritis Exercise with Lisa #1	17 9-4 Pool 9:15 Senior Strength Exercise with Pearl 9:15 Quilting 9:30 Sudoku – Intermediate Level 10:00 Low Vision Group 11:45 Lunch: Bread Fish or Turkey and Cheese Sandwich 12:00 Computer Lessons 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:00 Movie: "Miracle of Morgan's Creek", 1944
20 9-4 Pool 10:00 Walking Club 10:15 Senior Strength Exercise with Pearl 11:30 Lunch Bunch: Ken's Steakhouse, Natick 11:45 Lunch: Chicken Kielbasa or Tuna on Lettuce 1:00 Bridge – Men 2:00 Annual Friends' Meeting & Summer Social	21 9-4 Pool 9:15 Bridge – Women 10:30 Current Events 11:45 Lunch: Chef Salad or Ham and Cheese Sandwich 12:15 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing "Tango" #1 2:00 Arthritis Exercise with Lisa 3:10 Yoga	22 9-4 Pool 10:00 Hearts Card Game 10:30 Exercise (P&R) 11:45 Lunch: Beef Stew or Chicken Salad Sandwich 1:00 Bridge – Men 2:30 Better Balance	23 9-4 Pool 10:00 Knitting 10:00 Whist 11:45 Lunch: Baked Fish or Breaded Chicken Patty 12:00 Computer Lessons 12:15 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Arthritis Exercise with Lisa #1	24 9-4 Pool 9:15 Senior Strength Exercise with Pearl 9:15 Quilting 11:45 Lunch: BBQ Chicken or R.B. and Cheese Sandwich 12:00 Computer Lessons 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:00 Movie: "Mary of Scotland", 1936
27 9-4 Pool 10:00 Walking Club 10:15 Senior Strength Exercise with Pearl 11:30 Lunch Bunch: California Pizza Kitchen, Wellesley 11:45 Lunch: Turkey A La King or Chicken Salad Sandwich 1:00 Bridge – Men 1:00 Movie: "The Other Boleyn Girl", 2008	28 9-4 Pool 9:15 Bridge – Women 10:30 Creative Writing 11:45 Lunch: Pier 17 Fish or Egg Salad Sandwich 12:00 Lunch and Learn: Natural Solutions to Boost Your Immune System 12:15 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing "Tango" #1 2:00 Arthritis Exercise with Lisa 3:10 Yoga	29 9-4 Pool 10:00 Hearts Card Game 10:30 Exercise (P&R) 11:45 Lunch: American Chop Suey or Peppercorn Turkey and Cheese Sandwich 1:00 Wii™ 1:00 Bridge – Men 2:30 Better Balance	30 9-4 Pool 10:00 Knitting 10:00 Whist 11:45 Lunch: Chicken Marsala or R.B. and Swiss Sandwich 12:00 Computer Lessons 12:15 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Arthritis Exercise with Lisa #1 2:00 Laughing Matters #3	31 9-4 Pool 9:15 Senior Strength Exercise with Pearl 9:15 Quilting 11:45 Lunch: Pot Roast or Seafood Salad over Lettuce 12:00 Computer Lessons 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:00 Movie: "Platinum Blonde", 1931

AUGUST 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9-4 Pool 10:00 Walking Club 11:30 Lunch Bunch: C&L Frosty, Sherborn 11:45 Lunch 1:00 Bridge – Men No Senior Strength Exercise with Pearl Today	4 9-4 Pool 9:15 Bridge – Women 11:45 Lunch 12:15 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing “Tango” #1 3:10 Yoga No Arthritis Exercise with Lisa Today	5 9-4 Pool 9:00 Keep Well Clinic 10:00 Hearts Card Game 10:30 Exercise (P&R) 10:30 Art History “The Spanish Masters” #3 11:45 Lunch 1:00 Bridge – Men 1:30 Jewelry Making 2:30 Better Balance	6 9-4 Pool 10:00 Knitting 10:00 Whist 11:45 Lunch 12:00 Computer Lessons 12:15 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men No Arthritis Exercise with Lisa Today	7 9-4 Pool 9:15 Quilting 11:45 Lunch: 12:00 Computer Lessons 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:00 Movie: “One Fine Day”, 1996 No Senior Strength Exercise with Pearl Today
10 9-4 Pool 10:00 Walking Club 10:15 Senior Strength Exercise with Pearl 11:45 Lunch 1:00 Bridge – Men 1:00 Movie: “Milk”, 2008 No Lunch Bunch Today	11 9-4 Pool 9-11 Eye Screenings by Appointment 9:15 Bridge – Women 11:45 Lunch 12:15 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing – “Waltz” #1 2:00 Arthritis Exercise with Lisa 3:10 Yoga Trip to Ogunquit, Maine	12 9-4 Pool 10:00 Hearts Card Game 10:30 Exercise (P&R) 11:45 Lunch 1:00 Bridge – Men 1:00 Sudoku – Beginner Level 2:30 Better Balance	13 9-4 Pool 10:00 Knitting 10:00 Whist 11:45 Lunch 12:00 Computer Lessons 12:15 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Arthritis Exercise with Lisa #1	14 9-4 Pool 9:15 Quilting 9:15 Senior Strength Exercise with Pearl 11:45 Lunch 12:00 Computer Lessons 1:00 Bridge – Men 1:30 Entertainment Live: Sweets and Beats with Dick Partridge Featuring the Music of Glenn Miller No Board Games Today
17 9-4 Pool 10:00 Walking Club 10:15 Senior Strength Exercise with Pearl 11:30 Lunch Bunch: Noonhill Grill, Medfield 11:45 Lunch 1:00 Bridge – Men 1:30 Book Review – “The Guernsey Literary and Potato Peel Pie Society”	18 9-4 Pool 9:15 Compass Collating 9:15 Bridge – Women 11:45 Lunch 12:00 Lunch and Learn: Energy Conservation 12:15 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing – “Waltz” #1 2:00 Arthritis Exercise with Lisa 3:10 Yoga	19 9-4 Pool 9:00 Keep Well Clinic 10:00 Hearts Card Game 10:30 Exercise (P&R) 11:45 Lunch 1:00 Bridge – Men No Better Balance Class Today	20 9-4 Pool 10:00 Knitting 10:00 Whist 11:45 Lunch 12:00 Computer Lessons 12:15 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Arthritis Exercise with Lisa #1	21 9-4 Pool 9:15 Quilting 9:15 Senior Strength Exercise with Pearl 9:30 Sudoku – Intermediate Level 10:00 Low Vision Group 11:45 Lunch 12:00 Computer Lessons 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:00 Movie: “Lured”, 1947
24 9-4 Pool 10:00 Walking Club 10:15 Senior Strength Exercise with Pearl 11:30 Lunch Bunch: Dunn & Gaherins, Newton 11:45 Lunch 1:00 Bridge – Men 1:00 Movie: “Waterloo Bridge”, 1940	25 9-4 Pool 9:15 Bridge – Women 11:45 Lunch 12:15 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing – “Waltz” #1 3:10 Yoga No Arthritis Exercise with Lisa Today	26 9-4 Pool 10:00 Hearts Card Game 10:30 Exercise (P&R) 11:45 Lunch 1:00 Wii™ 1:00 Bridge – Men No Better Balance Class Today	27 9-4 Pool 10:00 Knitting 10:00 Whist 11:45 Lunch 12:00 Computer Lessons 12:15 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men No Arthritis Exercise with Lisa Today	28 9-4 Pool 9:15 Quilting 9:15 Senior Strength Exercise with Pearl 11:45 Lunch 12:00 Computer Lessons 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:00 Movie: “Magnificent Obsession”, 1954
31 9-4 Pool 10:00 Walking Club 10:15 Senior Strength Exercise with Pearl 11:30 Lunch Bunch: Conrads, Norwood 11:45 Lunch 1:00 Bridge – Men 1:00 Movie: “Pillow Talk”, 1950 2:00 Ice Cream Summer Sundae Party	CALENDAR OF PROGRAMS AND EVENTS Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 781-455-7555 • www.needhamma.gov Offsite Locations of Programs #1 Charles River YMCA • 380 Chestnut Street #2 Needham Public Library • 1139 Highland Avenue #3 Avery Crossings Assisted Living • 110 West Street #4 Baptist Church • 858 Great Plain Ave. #5 NHA Community Room • 1 Chambers Street Please Note: Items in bold indicate that sign-up is required.			



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